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# THE Nicotine Reporter

VOL. 2

PEABODY, KANSAS, JULY, 1942

NO. 11

## TOBACCO'S EFFECT ON CHARACTER

By Daniel H. Kress, M. D.

From his book "The Cigarette As a Physician Sees It"

No one can accuse ex-President Hoover of being either fanatical or bigoted; yet this is his estimate of the damage cigarettes do to the character of our youth:

"We in America are far behind what a national conscience should demand for the public protection of our children. There is no agency in the world that is so seriously affecting the health, efficiency, education, and character of boys and girls as the cigarette habit, yet very little attention is being paid to it. Nearly every delinquent boy is a cigarette smoker, which certainly has much to do with it. Cigarettes are a source of crime. To neglect crime at its source is a shortsighted policy, unworthy of a nation of our intelligence."

It is an undisputable fact, and one that should give us considerable concern, that although not all cigarette smokers are criminals, yet nearly all criminals are cigarette smokers. This is far more than a mere coincidence: the law of cause and effect undoubtedly operates here. From a medical viewpoint the explanation is this:

The furfural present in the smoke of the cigarette acts upon the brain cells and nerve tissues in such a manner as to bring about a degeneracy of these structures in time. This is especially true with the undeveloped brain. Thus the cigarette habit taken up by boys before the brain is fully developed tends to bring about degeneracy of the brain cells and to produce moral degeneracy. It develops criminal tendencies in these boys. These are the boys that we find in our juvenile courts, reform schools, and jails. Whenever I read of a dastardly crime's having been committed, by inquiry I have found that in practically every such case the criminal was a cigarette addict. Go with me to any juvenile court and ask the judge what percentage of the youthful offenders that appear before him are cigarette smokers. He will tell you that nearly all of them are. I have never heard a lower estimate than 93 per cent.

At a clinic I conducted at Harper's Hospital, Detroit, for the benefit of those who wanted help in their efforts to give up smoking, a boy thirteen years of age, who had the appearance of being not more than nine years old, was brought to me for treatment. He was stunted physically, mentally, and morally, as many of these boys are. One of the nurses who assisted me said to him, "How long have you smoked cigarettes?" to which he replied, "Since I was two years old." She said, "who taught you to smoke?" He replied, "My brother." With considerable emphasis she replied, "Your brother ought to be in jail," to which the boy innocently and laconically rejoined, "He is."

John D. Quackenbos, M. D., of Columbia University, has said that "the gravest of all the evils resulting from cigarette addiction is the lessening or complete loss of moral sensibility, with a conspicuous tendency to falsehood and theft. The moral propensities are eventually destroyed because of the destruction of those elements of the brain through which moral force is expressed. The victim denegerates into a sallow, unmanly, irresponsible incompetent, in splendid fettle for the penitentiary or the asylum."

### Nicotine's Fetters Almost Unbreakable

One of the most serious aspects of the tobacco habit is its absolute enslaving powers. Very few who become confirmed addicts can break the chains that nicotine forges about them. Outside of such drugs as morphine, heroin, and cocaine, there is perhaps nothing that holds its victims more tenaciously than does tobacco. And, by the way, cigarette addiction undoubtedly leads to the use of these other habit-forming drugs.

The well-nigh unbreakable strength of this addiction was impressed upon me anew by a recent letter from a patient of mine. This gentleman is one of the highest officials in the government of a great state on the Atlantic seaboard. He is suffering from a serious heart condition, and I advised him to give up smoking. But here is his reply in a letter just received:

"I note all you write about my smoking, and I expect that you are right about it. It may be

(Continued on Page 3)



THE  
**Nicotine Reporter**

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EDUCATIONAL LEAGUE**

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office at Peabody, Kansas, under the Act of March 3, 1879.

J. F. HARRISON — EDITOR

Peabody State Bank Building,

Peabody, Kansas.

This publication is devoted to the protection and education of Youth by publication and dissemination of literature pertaining to NICOTINE. There is but one way to combat false and misleading advertising of the Tobacco Trust, and that is through the enlightenment of Youth. The facts about smoking should be as free to them as the air they breathe.

It is an unhappy fact that there does not now exist an enforceable National anti-tobacco law prohibiting the distribution by gift or sale of cigarettes to minors—boys and girls under the age of 20 years. This publication advocates that such a proposed law be formulated. Efforts should be directed and measures taken to compel tobacco advertisers to adhere to facts—without exaggeration in advertising their products.

This magazine is, and will be devoted to the publication and distribution of literature calculated to give our boys and girls in their teens the whole truth pertaining to the poisonous and deleterious effects of nicotine on their minds and bodies and make it possible thereby for them to discriminate between sober facts and exciting fiction; that they may overtake loudly proclaimed untruths and greatly exaggerated half-truths.

George Washington said in his farewell address, "Promote them as an object of primary importance, institutions for the general diffusion of knowledge—it is essential that public opinion be enlightened."

An effort worth making should be undertaken with all force at one's disposal. The need is now urgent to combat the present wild and unrestrained distribution of nicotine products. Stand valiantly against the torrential forces of greed for gain, false patriotism, and powerful propaganda that today floods newspapers, magazines and billboards, and—monopolizes a great part of the available best broadcasting hours on the radio  
chains.

**JOE LOUIS AND LIQUOR**

In speaking of the sincerity of Joe Louis, Gene Kessler said: "The man is sincere about everything in life. When I asked him if he ever tasted intoxicating liquor, Joe answered, 'Yes, once, but I was too young to know better. I learned my lesson.'

"So Joe Louis told of the only time in his life he drank whisky. When only four years old he found a bottle partly filled. It belonged to his father. His mother, brothers, and 'pappy' were out in the field picking cotton. Joe sipped. Then he took a big swallow. Then he suddenly became very dizzy. He drank more. The room of that cabin where he was born in the Buckalew Mountains of Alabama became alive, and little Joe grew afraid. He crawled behind a large trunk and fell asleep. And how he slept! His mother came home and found him missing. She summoned his brothers, and they searched and searched. Finally some one looked behind the trunk.

"I'll never forget that," reminisced the heavyweight fighter. "It probably was a turning point of my life. My mother didn't give me a whipping. She gave me a lecture I'll never forget. I wasn't very old then, but I understood that if I wanted to be a big strong man with a healthy body, I'd have to leave whisky and tobacco alone. I promised her, and I haven't broken that vow, and don't expect to break it even after I retire from the ring. I value my health higher than the pleasure I might get out of the stuff."

In printing the story, the Union Signal says: "Since rocketing into headline stratosphere, Joe has received flattering offers to endorse liquor and tobacco testimonials. He unhesitatingly refused all. He rejected a tempting proposition to appear on a radio program sponsored by a distiller. Joe Louis has divorced himself from liquor. He knows it is the only way to become a great ring champion and win the respect of young Americans of all races. And he knows it is the surest road to healthy security."—Union Signal.

Sparksville, Ky.,  
June 8th, 1942.

The Nicotine Reporter,

Dear Sir:

I saw your adv. in the Nicotine Reporter of your free literature. Please send me a supply. Also if you have a March issue of the Nicotine Reporter, will you please send me a copy? I think a lot of this little journal, and I hand it to my friends to read. I think you are doing a great work in publishing this little paper; the people are in darkness along this line and need light on this subject.

Yours very respectfully,  
CASSIUS LOY.



# TOBACCO'S EFFECT ON CHARACTER

By Daniel H. Kress, M. D.

From his book "The Cigarette As a Physician Sees It"

(From Front Page)

sacrilegious for me to say so, but I am very frank to tell you I do not believe that I will ever be happy any more if I attempt to quit smoking. It has such a hold on me that although a strong man in every other respect, I am just a weakling when it comes to a question of giving up cigars. I have been at the head of a great many big business corporations, and have occupied positions of honor and trust most of my life. I have always had firmness of character and will power enough to do anything I wanted to, with one exception, and that is to quit smoking. You are not alone in saying I ought to quit smoking. Practically every doctor I ever had felt this way about it; but I have gone against their advice and kept on smoking and probably will as long as I live."

As another significant testimony as to the diabolical gripping power of tobacco, here is a portion of the sworn testimony given by Mr. Owen Dawson, clerk of the Montreal Juvenile Court, Canada, before the select committee that was appointed by the Canadian Government to inquire into the cigarette habit and its influence on youth:

"I would say that of about three thousand boys who came before the court, 95 per cent made use of cigarettes. I have been interested in the boys of Montreal for eight years, and I have tried to help one way and another about five thousand boys since I came to Montreal. I have never once succeeded in getting a boy to stop smoking cigarettes, although I have tried hundreds of times. On the other hand, in helping boys to keep away from liquor, I have succeeded in getting them to stop. The cigarette seems to get hold of the boy to such an extent that he never can give it up."

One of the well-known educators of the country, Ozora S. Davis, when connected with the University of Chicago, made this observation regarding the fateful power of the cigarette:

"The power of the cigarette habit is greater than we would be inclined to think. Boys in school who are in the clutch of it become its slaves. They cannot put their minds on their work. They are incapable of remaining long without the stimulant of another cigarette. Their whole physical and moral condition is involved. This is the universal testimony of teachers, and it is something that is known to the writer from experience as a high school principal. The fetter of the cigarette habit becomes welded at last with a grip that no act of the weakened will alone can break. This is the terrible and tragic end

of the matter in case after case. Boys think that they can smoke a little now and then when they please and that they can stop when they are ready to do so. They do not know that the very continuing of the use of cigarettes involves their wills so seriously that when they want to stop they cannot. This can be proved from every school in the country."

## Personal Liberty Surrendered

How can boys and girls allow themselves to be drawn into the clutches of such a relentless and enslaving thing as the tobacco habit? Is it right, or is it even expedient, to surrender one's will power and self-control to the extent the tobacco habit demands? Should we give up our freedom and right of individualism to "the little white slaver"? Talk about "personal liberty"! The cigarette takes it away forever. Those who begin smoking are selling themselves into a bondage that is well-nigh perpetual and unbreakable.

Another phase of the question that should cause the young to pause before beginning to smoke is the fact that cigarette addiction leads to other pernicious habits. In my medical practice I have had occasion to treat a great many morphine addicts. Never once have I succeeded (nor has anyone else, so far as my knowledge goes) in curing a morphine addict who was unwilling to give up cigarettes at the same time. With nonusers of cigarettes, I have been more successful. I am convinced that nicotine addiction many times leads to morphine addiction.

The worst and most helpless drunks I have had to deal with have been excessive smokers. In treating them, if they refuse to give up smoking I have found that they invariably return the second time as drunks for treatment. I never consider a whisky inebriate cured who has refused to give up tobacco. The two habits are very intimately associated. The one leads to the other. They are Siamese twins, inseparably joined together. Every bootlegger, without exception, I have found, is also a heavy smoker, and invariably a smoke inhaler. Practically every customer the bootlegger has is likewise a tobacco user. These are facts that stand scrutiny and investigation. That these two forms of addiction are associated, Horace Greeley had evidently observed, for he said, "Show me a drunkard who does not smoke, and I will show you a white blackbird."

## The Opinion of Many Judges

In corroboration of my statement earlier in this chapter that the cigarette habit predisposes to delinquency and crime, let me cite the findings of some well-known judges and officials whose

(Continued on Page 4)



## THE CIGARETTE MENACE

By L. M. Eirwol

Taken from THE SHIELD

There was a time when the use of tobacco in its various forms was practically confined to men. The very thought of the fair sex indulging in smoking would have shocked society. Admitted, there were a few ladies of the theatrical profession, night club entertainers and other callings who smoked periodically in the privacy of their own rooms. Even they exercised a little discretion as to the time and place when they indulged.

What a change has taken place in the habits and practices of our younger generation. Youngsters of high school age in both sexes appear to be ready victims of the habit. These young people get started by taking a few innocent puffs more or less as a joke. It is not long before they have developed a liking for cigarettes and are smoking a dozen a day.

Excessive cigarette smoking is not by any means confined to juveniles. Many married women with families are habitual smokers. They do not make any attempt to conceal their habit; any time or any place appears to be the custom.

### Cigarette Dangling from Lips

A visit to a maternity hospital will reveal a practice which borders on the disgusting. Imagine a young mother, having given birth to a child a few days before, sitting up in bed nursing the baby with a cigarette dangling from her lips. It would seem as if the innocent child should have some consideration and respect, apart from the harmful effect that it would have on the infant through the medium of the mother's milk.

Is there anything quite as degrading as to see men walking along the curbstone watching for a butt of a cigarette. It would seem as if humanity could not stoop so low, but it is done every day of the week in the larger cities. These unfortunate men developed the habit in more prosperous days; now when they are up against it, they are obliged to resort to picking up butts from the gutter. A pitiful situation to say the least, all as a result of having unwittingly taken the first smoke.

The cigarette habit has got a definite hold on many people that are serving the public. They do not seem to exercise a little common courtesy when it comes to time and place for indulging in their vicious habits. When you sit in a barber's chair, you don't want him blowing smoke in your

face while you are having your hair cut. This is a common practice with some barbers, an indication of bad taste to say the least.

Cigarette smoking is not an economical habit to cultivate. Even the working man who attempts to economize by rolling his own with a machine, finds it an expensive pleasure. There are hundreds of married couples that spend from twenty-five to fifty cents a day on cigarettes. The young lady that develops a taste for the higher grade fags is going to pay accordingly.

The habit has become deeply entrenched in many of our industrial employees. It is common practice for an employee to have to steal time out while the foreman is not looking to take a few drags at a butt. On many occasions employees have been suspended for a couple of weeks and in other cases dismissed altogether owing to excessive indulgence in the habit. Office employees are equally as bad at neglecting their duties to take time out for a few puffs at a cigarette. If they fail to get a smoke, they become nervous and irritable.

### No Means of Escape

Once a victim of the cigarette habit, there seems to be no means of escape. Many start in a small way, but gradually reach the point where they are hopelessly lost as far as giving it up is concerned. Many have tried to cut out smoking for a week or two at a time. In the majority of cases they are back smoking again in a short time, evidently cannot get along without them. It is obvious there is some ingredient in the tobacco, so that once a cigarette smoker, he or she will be a slave to them for life.

According to research work that has been conducted by Professor Dr. A. H. Roffo, who is Director of the Institute of Experimental Medicine, Buenos Aires, both blond and black tobacco produces a tar on the mucous membrane lining of the respiratory tracts. This in turn exerts a cancer-producing action.

Persons smoking cigarettes in large numbers, of which there are millions, are bound to be exposed to this danger. In experimental animals which have been tarred with the tar of tobacco, a large number of these animals developed cancerous growths.

Is it not reasonable to suppose that when animals can be artificially infected, members of the human family who are inhaling cigarette smoke daily will naturally become victims of the same condition?



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(Continued from Page 3)

long service has placed them in close contact with multitudes of youthful lawbreakers and offenders. Judge Ben Lindsey, former judge of the Denver Juvenile Court, has said:

"One of the very worst 'habits' of boyhood is the cigarette habit. This has long been recognized by all the judges of the courts who deal with young criminals, and especially by judges of police courts, before whom pass thousands of men every year who are addicted to intemperate habits. These judges know that in nearly every case the drunken sots who appear before them, a disgrace to their parents, themselves, and the state, began as boys smoking cigarettes. One bad habit led to another. The nicotine and poison in the cigarette created an appetite for alcoholic drink. The cigarette habit not only had a grip upon them in boyhood, but it invited all the other demons of habit to come in and add to the degradation that the cigarette began."

Judge Crane of New York City says: "Cigarettes are ruining our children, endangering their lives, dwarfing their intellects, and making them criminals fast. The boys who use them seem to lose all sense of right, decency, and righteousness."

Hon. George Torrence, former superintendent of the Illinois State Reformatory, says: "I am sure cigarettes are destroying and making criminals of more boys than liquor. Manliness and good conduct can be aroused and stimulated in most boys, no matter what the offense of which they have been guilty, if only they are not cigarette fiends. We have found that when a boy is guilty of a grievous offense, he is generally found to be a user of cigarettes."

Judge B. S. Shaw of Hart, Michigan, says: "In every instance of juvenile delinquency in this court I have found that the boys were cigarette users."

Judge Allen of Lisbon, North Dakota, says: "Every male juvenile delinquent brought before me for the last seventeen years has been a cigarette smoker."

Judge Pollock of Fargo, North Dakota, said: "Every boy brought into this court the past sixteen years was a cigarette smoker."

Dr. Hutchinson of the Kansas State Reformatory, said: "Cigarettes are the cause of the downfall of more boys in this institution than all other vicious habits combined."

Dr. Coffin, who for over twenty years was connected with the Whittier Reform School of California, said: "Fully 98 per cent of all youthful criminals who have been confined to this institution were cigarette smokers, and 95 per cent were cigarette fiends."

Miss Winters, principal of one of the largest schools for delinquent girls in America, has said concerning her institution, "Out of over eleven hundred inmates, only twenty were non-smokers of cigarettes."

## What the Schoolmen Say

Educators of the nation have always taken a firm stand against the use of cigarettes on the part of the youth, not only because of the physical damage done, but also because tobacco addiction seems to promote incorrigibility, truancy, and delinquency. In the Journal of Education, Principal John J. Lynch of Holyoke, Massachusetts, writes:

"Much of our serious and unpleasant school discipline comes in consequence of the mental and moral defects caused by cigarettes and their attendant evils. The habitual practice completely changes the temperament and disposition of the boy. He gradually becomes unkind, unsympathetic, unclean, and insolent. He develops an offensive attitude to all school discipline and regulations. His school morality is of a low standard, extremely selfish and impudent. Those moral deficiencies and scholastic dullness demand unusual tact and effort to prevent his total estrangement."

Prof. Templeton P. Twiggs, for many years principal of the largest grammar school in Detroit, and later supervisor of the Department of School Attendance, and particularly interested in the backward and incorrigible class of pupils, says:

"The physical development of the young habitual smoker is irreparably checked unless he has an unusually robust constitution. In any case the physical development is noticeably arrested. He has no ambition to enter into games or any boyish activities. He apparently cares little for his personal appearance, and could be classified as of the 'down-and-out' type.

"If he is under sixteen years of age, and the habit is well formed, his mind is a blank. He cannot memorize and retain for even a period of twenty-four hours such easy matter as ordinary words in spelling. As to mental calculations required in the courses of arithmetic, he is practically helpless. He seems to have no control over himself in making a determined effort to accom-

(Continued on Page 7)



## AMERICAN TOBACCO BONUZEERS

FRAUDS and ANSWERS

May, 1942, Issue

### "Smoke Gets In Their Eyes," for \$2 Millions

Mr. George Washington Hill Sr., president and generalissimo of American Tobacco Co., (Lucky Strikes) and other officers of the giant corporate enslaver of Southern tobacco farmers, and maker of lush profits, were ordered to return \$2,000,000 they had stolen from stockholders.

When Congress passes the bill limiting salaries and profits during war times, big business, big shot executives and the National Association of Manufacturers (NAM) can thank Hill senior because the background of the stockholders' recovery suit, the conviction of the big tobacco corporations for gypping the public in numerous ways, will be used by the congressional leaders to get the bill passed.

Mr. Hill's tobacco company, among other tobacco companies, has stolen so much from the public and farmers that we were going to pass over this story. But when Mr. Hill tried to raise cigarette prices December last, his action was the last straw.

The guiding genius of the tobacco industry we nominate for one of the stellar positions of the all-time All-American patrioteers. (There are others, too).

Mr. Hill gave as his reason for the price raise of Luckies the reason of increased manufacturing costs. Mr. Leon Henderson, U. S. price administrator, claimed the price-hike was attempted to maintain the companies' earnings. We believe Mr. Henderson was only half right. Because Mr. Hill besides drawing a meager salary of \$168,000 annually is paid bonuses of 10% of the companies earnings in excess of the \$8,226,246 American earned in 1910. Mr. Hill has been having one heluva time; for he has drawn in salaries and bonuses the insignificant sum of approximately \$6,000,000 from 1929 to 1937.

Mr. Hill and the boys (1928-39) managed to survive, altho it was a terrific struggle, by drawing only \$16,457,920. Mind you that this bunch of the boys was a "closed" corporation for it contained not more than a dozen of the fortunate fellows.

Hill's brilliant 32-year-old son joined the company in 1936, after serving an apprenticeship with Phillip's Milk of Magnesia Co., where he was paid \$2100 a year.

Somehow, or other, the senior Hill recognized that his son was born to be a genius in tobacco merchandising. Perhaps it came to the elder Hill in a dream—a pipe dream. In any

event young Hill without any experience in tobacco business (unless he smoked) was paid a total salary of \$363,000 for four years' work and in 1939 was drawing a salary of \$4500 weekly as vice president in charge of advertising.

Lord & Thomas, one of the nation's best advertising agencies had been spending a million dollars monthly in advertising Luckies. Successfully too. Yet Mr. Hill, the genii salesman apparently got stuck with his sales problem. Hill Jr., apparently saved American! And if young Hill saved the company, why, of course, he was entitled to the sums of money he drew and is drawing. And if this be so, why then was it necessary to pay Hill senior and others so much money?

The story of the American tobacco company that was revealed at the stockholders successful suit to recover moneys paid as bonuseering is a shameful page in American industry. The recent conviction at Lexington, Kentucky, of the major tobacco companies (cigarette) is another disgraceful chapter.

But Mr. Hill's attempt to raise the price of Luckies using as an excuse what so glaringly appears to be a compound lie is an additional chapter and books do have conclusions.

When the NAM and other major corporations of the nation yell "red," "radicals" and hurl vile names at the administration and at every person or group that complains out loud, let them remember always that bread cast upon the waters returns. These vultures, these parasites, these thieves and patrioteers themselves have laid the firm foundation for a new deal during this war and after the war. Whatever punishment they miss via legal means they'll gather for their own posterity in life and for themselves whether they go above or below.

Ed. Note: The complete and shocking story of American Tobacco Co.'s bonuseering may be obtained from Your Investments, 10 E. 40 St., N. Y. C.

White Cross of America  
Peabody, Kansas.

Gentlemen:

I don't remember just when my subscription expires to the NICOTINE REPORTER, but I sure don't want to miss any of them, so am enclosing \$1.00 for renewal of subscription to the little reporter that is the best I ever saw that opposes the tobacco habit. Please continue for another 12 months.

Yours very truly,

G. H. McMAHON,  
P. O. Box 243,  
Tucson, Arizona.



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(Continued from Page 4)

plish definite things. Mental paralysis seems best to describe his condition.

"Through his loss of self-control, he has no moral standard. He seems unable to distinguish between right and wrong, or to possess sufficient will power to enable him to do what is right even if he knows. He is absolutely untrustworthy, and there is usually no extreme to which he will not go."

This high-power bomb was thrown at the cigarette by the late Hudson Maxim, the inventor of high explosives:

"If all boys could be made to know that with every breath of cigarette smoke they inhale imbecility and exhale manhood; that the cigarette is a maker of invalids, criminals, and fools, but not men, it ought to deter them some."

Thus we see that the most serious charge against the cigarette is its power of ruining character. Bad as it is to injure physically, yet a hundredfold more culpable is it to break down the morals. And who is there that dares to say that the widespread moral delinquency and crime that is ravaging our civilization today has not been in some measure at least worsened by the almost universal use of the cigarette?

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## Unborn Babies Injured by Tobacco

By John Harvey Kellogg, M. D., LL. D., F. A. C. S.

from his book, "TOBACCOISM"

In 1931, Emanuel showed that the smoking of as few as seven cigarettes caused the appearance of nicotine in the milk within two hours.

"Unborn babies indirectly smoke along with their mothers, according to a study of babies' heart action, at Antioch College," stated the Chicago Tribune for February 8, 1935. The observations were made by Doctors Lester W. Sontag and Robert F. Wallace, who made eighty-one tests on five pregnant women. The baby heart beats were heard with a stethoscope. Four of the women who inhaled were habitual smokers. In eight to twelve minutes after they smoked, their babies'

pulse rate increased an average of five per minute. It was considered probable that maternal smoking during pregnancy might do permanent injury to the child.

Jacquemart showed that expectant mothers should not be employed in the handling of tobacco. There is an average frequency of abortions, he said, of forty-five out of a hundred among female tobacco workers, and a ten per cent higher mortality in their offspring.

Young animals as well as young plants are extremely susceptible to the influence of poisons. A young infant with a smoking mother not only absorbs nicotine with its food but inhales it with tobacco-tainted air.

Boldyreff, a well-known Russian physiologist now in this country, and director of the Pavlov Physiological Institute, of the Battle Creek Sanitarium, has reported to us a number of observations which clearly demonstrate the evil effects of the inhalation of smoke-polluted air by non-smokers. In one case the family consisting of a man with his wife and four children, none of whom had ever used tobacco, was required by the war to quarter a man who smoked incessantly. Within a week after the smoker arrived, the younger children, who had "weak" eyes, began to complain of severe pain in the eyes. The trouble was attributed to over-study. Then the two children who were older began to suffer from the same fatigue and pain in the eyes, and the father and mother, together with the children, shortly afterward began to suffer from headaches, and the mother suffered from insomnia. The smoker, an officer of the army, was periodically absent, being on duty for 36 hours at intervals of five days. After a time it was observed by all the sufferers that during the smoker's absence the headaches entirely disappeared. When, at the end of a month, the smoker went elsewhere, the headaches ceased and did not reappear and the eye symptoms also disappeared. It is impossible to estimate the amount of discomfort and real misery suffered by women and children and other non-smoking persons through the inhalation of the poisoned breath of smokers.

Sajous mentions among the symptoms of poisoning in an infant from exposure to a tobacco-laden atmosphere, loss of appetite, "smoker's eyes," listless ways, restless nights, nausea and vomiting.

The tobacco-laden air of some houses is a most unfavorable environment for a growing infant.

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by James A. Savage

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**THE WHITE CROSS**

## "COURAGEOUS FEAR"

The first and most important element in your fight against the tobacco craving is will power and determination. The second great weapon is scientific means of lessening or diminishing suffering (nervousness) when the human system is denied the narcotic. The third is for the individual to inform himself or herself of the treacherous effects that nicotine may be having on the mental and physical machinery of their own mind and body. The use of tobacco or snuff is essentially the individual's own business and responsibility.

If tobacco is injuring you, the greatest element in breaking the habit, or craving, is called "COURAGEOUS FEAR." "Courageous Fear" consists in the determination to find out about suspicious symptoms early and the nerve to face the facts.

Official Anti-Tobacco —NICOTINE Magazine will be mailed to you for one year. 12 interesting monthly issues postpaid, with your membership card. This is your opportunity to get FREE "PRESCRIPTION" 13, and the Startling new Book, "HOW TOBACCO HALF-KILLS", —if you act now.

There are no extra costs, dues or assessments. \$1.00 is not an installment or down payment, but is payment in full, and the only charge. Fill out and mail the White Cross "OPPORTUNITY" CARD today. This offer may be withdrawn.

### Does the Use of Tobacco HALF-KILL?

Is the penalty for the average smoker seven years less life?

Does the smoker with heart disease forfeit twenty-six years?

These and many other interesting and important questions which may affect your well-being are discussed in this book: Do 200,000 persons die suddenly of tobacco annually—Is nicotine many times more poisonous than strychnine—Does cigarette smoking permanently degenerate the cells of the brain—Do almost one-half of all heavy smokers die before they are fifty years of age—Is the death rate of tobacco users twice as great as non-users—Is the use of tobacco forbidden in certain foreign armies?

Read the unanimous condemning "verdict" of 12 great men, scientists, biologists, physiologists.

You have heard the Courageous, Sensational ANTI-TOBACCO TRUST Crusader, James A. Savage, on the radio—Now read his startling new book:

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"How Tobacco Half-Kills"

The White Cross of America Peabody, Kansas.

I accept your FREE offer and I am enclosing \$1.00 with the full understanding that I am to receive—free—without any additional charge, "PRESCRIPTION" 13 and the Book "HOW TOBACCO HALF-KILLS". I will also receive the Official White Cross, Anti-Tobacco—NICOTINE Magazine for 12 months, postpaid, and membership card

I will read this literature and use "PRESCRIPTION" 13 for 5 days. If I am not fully satisfied, you are to refund the \$1.00 to me on request.

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